



Zekiah Farms3, LLC

5235 Bryantown Rd

PO Box 784,

Bryantown, Md 20617

www.zekiahfarms3.com

Zekiahfarms3@gmail.com

240-216-4065

"Your trusted source of local food, from our family to yours!"

Zekiah Farms News NEWSLETTER

HOT TOPIC

Change in pick up day, possibly to Thursday. So I asked everyone today how they felt about switching pick up to Thursday. I received all positive feedback but one. I need to discuss it in further detail with my family and then give you the details. Don't worry if we move the day, we will stay for you to pick up after work. Stay tuned for further information!

THIS WEEK'S CSA

Some of the produce items this week's CSA



Asparagus,
Collard
Greens,
Cucumber
Iceberg
lettuce, Kale,
Lettuce mix
Squash-
yellow,
Strawberries,
Tomatoes

New Items:

Collard Greens, Squash-yellow
Strawberries, Tomatoes

Collard greens

Collards are an excellent source of vitamin A, vitamin C, and calcium, a rich source of vitamin K, and a good source of iron, vitamin B-6, magnesium, copper, manganese, selenium and zinc. They also contain thiamin, niacin, pantothenic acid, and choline.



Squash-yellow

A summer squash, yellow varieties of squash provide numerous health benefits. Vegetables



that come in hues of yellow are packed with antioxidants, vitamins, and other health-boosting components. High in vitamins A, B6, and C, folate, magnesium, fiber, riboflavin, phosphorus,

and potassium. Yellow squash is also rich in manganese. This mineral helps to boost bone strength and helps the body's ability to process fats and carbohydrates.

Strawberries

Did you know? Strawberries have more vitamin C than an orange!



Fun Fact: Strawberry is not a berry, it is a rose. The strawberry isn't really a fruit or a berry. It is a member of the rose family and is the enlarged receptacle of the flower.

Strawberries are low in calories,

delicious, and healthy.

They are a good source of many vitamins and minerals. They're an excellent source of vitamin C and manganese and also contain decent amounts of folate (vitamin B9) and potassium.

The health benefits include reduced cholesterol, blood pressure, inflammation, and oxidative stress. They are very rich in antioxidants and plant compounds, which may have benefits for heart health and blood sugar control. These berries may help prevent big spikes in both blood sugar and insulin levels.

Tomatoes



Fun Fact: Tomatoes are a fruit not vegetable.

Tomatoes are the fruit of the tomato plant. They originated in the South American Andes around the area of modern day

Peru and was first used as a food by the Aztec's in Southern Mexico.

Tomatoes are the major dietary source of the antioxidant lycopene, which has been linked to many health benefits, including reduced risk of heart disease and cancer.

They are also a great source of vitamin C, potassium, folate, and vitamin K.

How to Store Tomatoes- depends on how ripe your tomatoes are:

Unripe: Keep unripe green tomatoes, stem side down, in a paper bag or in a cardboard box in a single layer. Place in a cool area until they turn red in color.

Ripe: Perfectly ripe tomatoes should be kept at room temperature on the counter away from sunlight. Make sure they're in a single layer, not touching one another, and stem side up. Consume within a couple of days.

Overripe: Overripe tomatoes that are soft to touch with very red flesh are best kept in the fridge. The cold air will keep the tomatoes from ripening more, and they should last for another three days. Before eating refrigerated tomatoes, take them out of the fridge and let them come to room temperature. This will allow the fruit to develop some of the flavor it has lost due to refrigeration.

RECIPE IDEAS

Try new recipes and let us know what you like. [Submit your favorites](#) and I'll share with the Zekiah Farms Families. Together we will enjoy fresh, local, seasonal, and delicious harvest.

Bacon Wrapped Asparagus

8 slices bacon, sliced in half lengthwise
1 lb. asparagus, trimmed
Freshly ground black pepper
Caesar dressing, for dipping (optional)

DIRECTIONS

Preheat oven to 400°. Line a large, rimmed baking sheet with parchment paper and top with a cooling rack.

Prepare asparagus: Carefully wrap a piece of bacon around an asparagus spear in a spiral. Season with pepper.

Place on top of the rack and bake until bacon is crispy, 28 to 30 minutes.
Serve with Caesar dressing for dipping.

Bacon Cheese Burger

How about a juicy bacon cheeseburger??



- ZF3 Smoked, Applewood, or Peppered bacon
- ZF3 6oz Gourmet burgers
- Clover Hill Dairy (ZF3 Market) cheese. My favorite is Jalapeno cheddar.
- ZF3 greens / lettuce
- ZF3 tomatoes

Raw Kale Salad

- Two tablespoons of the following:
 - Lemon juice
 - Tahini
 - Garlic powder or 2 cloves of garlic
 - Soy sauce or Bragg Liquid Aminos
 - Apple cider vinegar
- 4 tablespoons nutritional yeast
- Whisk all the above ingredients for the dressing
- One bunch of kale (about a pound)
 - Take leaves off kale
 - Massage into dressing
 - Let sit for an hour in refrigerator
- Enjoy

Skillet Summer Squash



4 slices of your favorite ZF3 bacon, cut into small pieces
1 onion, chopped
2 pounds summer squash, sliced diagonally 1/2 inch thick
1 salt and ground black pepper to taste

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Directions Instructions

Step 1

Cook and stir bacon in a skillet over medium heat until crisp, 8 to 10 minutes. Add onions and cook in the bacon drippings until softened, 3 to 5 minutes. Add squash, salt, and black pepper; stir to coat.

Step 2

Cover skillet and cook squash mixture over low heat until tender, about 25 minutes.

NEWS FROM THE FARM

BOXES: Please save the waxed ½ and 1 bushel boxes the veggies have been coming in. They can be cleaned and reused

CSA pick up schedule

Meat and Chicken pick up – first Saturday of the month

Veggie – weekly on Saturday

Eggs – weekly or biweekly on Saturday

Payment Plan- please be prepared to **use cash or check**

STORE HOURS

Tuesday: 9:00 am – 5:00 pm

Thursday: 9:00 am – 5:00 pm

Saturday: 9:00 am – 4:00 pm

Sunday: Closed

Monday, Wednesday, & Friday by appointment

We are striving to keep our normal hours of Tuesday, Thursday, Saturday 9-4. During this COVID-19 period, Bonnie is unable to help in the store and be around public. Tyler, Cody, and I all have shift work, so it's hard to say which one of us you may find at the farm. Check the [website](#) and [Facebook](#) for current hours and specials. Between all of us; we work hard at maintaining coverage

UP COMING CLASSES

LET US KNOW HOW WE CAN HELP

Due to the current state of Covid -19, We don't have any classes scheduled. If you have a

topic you'd like us teach, please [submit](#) it to us. Food preservation, canning, etc. I can't wait to start the classes back up.



Pickled asparagus is one of my favorites. I picked this batch last week. You too can learn how to make and preserve your favorite foods during the veggie season.

COVID-19

While we are all Anxious to get back to our normal lives pre COVID-19, please keep in mind the prevention steps we have learned.

- **Please do not enter store if you are sick, we are happy to provide curbside pickup and delivery**
- **Don't touch anything you are not purchasing**
- **Maintain Social Distancing of 6 feet**
- **Feel free to ask a farm associate for assistance**
- **Wash your hands often with warm soapy water for 20 sec**

Stay safe and healthy, together we will get through this and be stronger!

The Zekiah Farms Family will be here to serve your local food needs.



All photos were taken and provided by Cindy Beuchert. Request permission to reproduce.